



THE GOOD TIMES NEWS

A quarterly newsletter for the Blacksburg Senior Center, 725 Patrick Henry Dr
Call Joy Herbert, Senior Programs Supervisor to be put on the mailing list.

Winter 2003

January—March

From Joy's Desk

What a wonderful and busy year we've had at the senior center. We have developed new programs, expanded our health and fitness opportunities, and traveled many new places. I want to thank all of you for your support of senior programs through participation and volunteer efforts.

The results of the 2003 Senior Center Advisory Board are in. You have elected Harriet Damant, Katherine Helsing, Jan Spahr and Ray Murley. Rotating off the board this year are Al Moberg, and Mel Huber. I want to thank them for their service and great advise during their two year term. I am also tremendously grateful to Helen Huber who has agreed to serve another year as secretary. I believe this is her fourth year and I can't express how helpful she has been to me and the board.

It is with great sadness that we have lost one of our Advisory Board Members recently—Eldridge Rowe. I will miss his company on our many trips, his humor and warm wonderful personality. He contributed a great deal to our program over the years and we will miss him tremendously.

There are several holidays the town will recognize this winter quarter. Although the center will be open, most town employees will be on break, including myself. Those days are January 14&17 and February 17. Please make a note if your program meets those days. If your group would like coffee provided, please contact me prior to your event to make coffee arrangements.

It's hard to believe that some people still don't know about all of the programs we have available. For these individuals and newcomers to our community, we would like to plan for a "Senior Center Open House" in April. I am now looking for volunteers to help with the planning. If interested please call me at 961-1134.

Enjoy the rest of your holiday and we'll see you next year.

Joy Herbert
Senior Programs Supervisor



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Inclement Weather Policy

As you know, inclement weather can occur at anytime. As a result, we have adopted an inclement weather policy. If Montgomery County schools are closed for the day, we will cancel/postpone structured programs such as classes, meetings and trips. Since the building will be open, however, you can play cards, use the fitness center etc., if you wish. If you have any questions you can call 961-1134.



We thank the following people for their time and efforts during the fall quarter

Computer lab and computer

instructors and Assistants- Connie Anderson, Dennis Gentry, Frank Lau, , Gene Bard, Mary Korslund, Rick Ellison, Connie Billings, Loretta Kandies, Harry Groot, Harriet Damant, Dick Walker, and Linda Frazier

Bingo - Betty Wukitts and Virginia Tu

Substitute aerobics instructors— Gladys Smeal and Linda Frazier.

Newsletter—Paul and Gladys Smeal and Sara Dickens

Fitness Center—Paul Smeal

Book Club—Becky Etzler

Program leaders—Betty Falta, Pat Palmer, Frank Lau, Germille Colmano, Paul Smeal, Elizabeth Reisinger, Caroline Chermiside, Mel Huber, Jean Franck, John Perry, Dick Dore, John Perry and BC Horne.

Registration—Ray Murley, Dennis Gentry and Connie Anderson

September Picnic—Audrey Iddings, Ruth Ogle, Paul and Gladys Smeal, Betty Falta, Linda Frazier and Dennis Gentry

Pancake Breakfast—Jim Moore, Pat Palmer, Dennis Gentry, Bob Blanton, Ray Murley, George Hawkins,



Lewis Barnette, Paul Smeal, and Roland Wheeland.

Bingo - Virginia Tu

October Breakfast sponsored by the our aerobics and canasta—The list of helpers was so long, they didn't give me a list to print. Many thanks to these two groups for a wonderful breakfast. .

November Breakfast sponsored by the BevSeniors group—Connie Billings, Marylou, Jim Bell, Dennis Gentry, Martha Radspinner, Harriett Damant, Connie Anderson, Paul Smeal, Matilda Kostarab, Mary Jane Dickas, Bob Blanton, Linda Frazier, Lula Roberts, Helen Borny, Harry Groot, Maria Mandelstamm, an Priscilla Ellison.



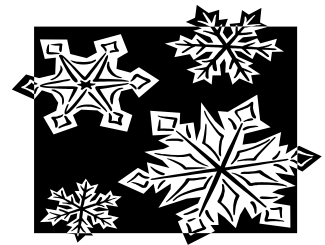
Ruby Memorial fund

The Ruby Memorial Fund raised over \$800. The Senior Center has decided to purchase another much needed bench for the front entrance of the community center. The committee also felt that it would be appropriate to recognize Ruby's contribution to the center by placing a dedication plaque next to the community room kitchen. Thanks to all who have and continue to contribute to the Fund.



Registration

- Registration for trips and classes begins **Wednesday January 8 at 930AM**. For your convenience, numbers for registration will be given out at 9AM.
- We will also accept phone in registrations at **11AM**. Please call **961-1149** MasterCard and Visa accepted.
- After January 8 phone in and walk in registrations will be accepted Monday—Friday from 9AM-5PM.
- All classes and trips are on a first come, first serve basis.
- Classes and trips are for seniors ages 50 and above and their spouses. Non seniors may register 1 week prior to the start of the program if space is available.
- In addition to yourself, you can register up to three people, if space is available.
- You may use our mail in registration form which is located below. However, mailing in your registration does not guarantee you a spot. Mail in forms are processed the day that registration begins and are added to the roster if space is available.



Refunds

- A \$5 service charge will be subtracted from the price of the class/trip on all refunds except when the class is canceled by the Blacksburg Parks and Recreation department or if a medical emergency prevents participation in the program.
- Refunds, minus the \$5 charge, will be made without question up to 5 working days before the start of a program. However, some trips will require longer advance notice—please read the trip information carefully.
- Refund requests, minus the \$5 service charge, made less than 5 working days prior to the event will be granted if a replacement can be secured for the program.
- Once the class has begun, pro-rated refunds, minus the \$5 service charge, will be made if a medical emergency prevents participation.
- Pink receipts must be returned to receive a refund.

Mail In registration Form

Mail registration to: Blacksburg Parks and Recreation 725 Patrick Henry Dr Blacksburg, VA 24060
Participants

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Activity _____

Cost _____ (Make Checks payable to The Town of Blacksburg)

Signed _____ Date _____



Special Events

- **Breakfast Get Togethers**

Join us for some good food and fun at our monthly breakfast at 10AM. Program is free and requires no registration.

January 6 - Join us for our quarterly pancake breakfast with Jim Moore and his team of pancake masters.

February 3 - Homemade muffins and juice. Joy needs volunteers to bake muffins. Please call her at 961-1134.

March 3 - Join us for scrambled eggs, and bacon. Joy needs help with this one, please call 961-1134.

- **25th Anniversary
2003 Senior Olympic Games**

It's that time again to train and compete for the gold, silver and bronze. Participate or watch your fellow seniors compete in shuffle board, tennis, badminton, golf, mini golf, bowling, horseshoes, running, walking, swimming, cards, billiards, softball, riflery, basketball, discus, shot put, Frisbee, croquet and ping pong.

Games are scheduled May 1 to 7. Registration forms will be available in March.



Hot Topics

Join us for interesting presentations filled with important information pertinent to seniors. Programs are free. Everyone is welcome to attend. No registration necessary.

News You Can Use

COFFEE SERVICE

We are happy to provide coffee for our senior programs. However, during town employee holidays or vacations, coffee may not be provided. If you need coffee service during those times please contact Joy at 961-1134 a week before your scheduled program. She will instruct you or another designated participant on how to make coffee for your event.

WHAT DOES R/NR MEAN?

R - Resident. Individuals who live within the Blacksburg Town limits or pay Town taxes.

NR - Non Resident. Individuals who do not live within the Blacksburg Town limits or pay Town taxes will pay an additional \$10 fee. Or if the program fee is under \$10, the registration fee will be doubled.

HOW DO I KNOW IF I LIVE IN THE TOWN CORPORATE LIMITS?

One easy indicator is a car personal property tax sticker. Any further questions, please call 540-961-1135.



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and

Brenda C. Moses
BCM@JRMattorney.com



New Programs

♦ Craft Corner

Join us for a monthly get together and learn fun and easy crafts. A great way to beat the winter blues. Register for one or all three. **Please note registration deadline. This is important to make sure that supplies arrive by class time.**

Valentine Bouquet

Learn how to craft a beautiful, long-lasting bouquet from candy, not flowers. This will be an arrangement of candy and colorful cellophane that uses a coffee mug as a container. You will have an excellent gift for Valentine's Day or any celebration by the end of class.

When Thursday, January 16
Time 1-3 PM
Cost \$8 R / \$16 NR, fee includes supplies.
Registration Begins January 8 and ends January 10.



Crafty Greeting Cards

Create three different greeting cards: a heart-shaped Valentine's Day card, an egg-shaped Easter card featuring your photo, and a collage all-occasion card. Please bring a photo or color copy that can be cut during craft class into an oval shape 4 1/2 " high by 3 1/2 " wide.

When Thursday, February 6
Time 1-3PM
Cost \$9R / \$18NR, fee includes supplies except your photo.
Registration Begins January 8 and ends January 30.

Flexible Spring Flowers

Make gorgeous, brightly colored flowers in this versatile project. Specifically formulated, non-toxic liquid hardens to form a translucent, flexible polymer. Shape, bend and twist flowers into any desired design. Create petals and leaves using the patterns provided.

When Thursday, March 6
Time 1-3PM
Cost \$11 R / \$21 NR. Fee includes supplies.
Registration Begins January 8 and ends February 24



Assistance Programs



Tax Assistance sponsored by AARP

Take advantage of this free tax assistance program. Gene Bard, Frank Lau, and Jim Hardell will be available on Tuesdays from 1130AM - 5PM. Program will begin February 11 and the last day will be April 15. Program will be held in the Senior Computer Learning Center. Assistants will be preparing your taxes by computer.

Program requires registration. You can call Joy at 961-1134 to make an appointment beginning January 8.

♦ **Virginia Insurance Counseling and Assistance Program**

Dealing with medical insurance and bills can be a headache. VICAAP can help you. Robert Gribben our insurance counselor, will educate, counsel, and assist you regarding medical benefit programs, long-term care insurance, and problems with Medicare, Medicaid, and medical bill paying.

Tuesdays January 14, February 11, and March 11.

Time 10AM-12 noon

Where Senior Social Room

Cost Free, however, a voluntary donation to the Agency on Aging will be appreciated.

Please call Joy Herbert at 961-1134 to make an appointment.

Tuck Chiropractic Clinic **Dr. Ray Tuck** **Dr. Jennifer Rathmann**

Chiropractic and Acupuncture Health Care

700 North Main Street Suite A, Blacksburg VA 24060
(540) 951-4357* (888) 263-0979* RayTuck@TuckClinic.com

Ongoing Programs

♦ Bingo

When January 23, February 27, and March 27
Day Thursdays
Time 2-3:30PM
Where Senior Community Room
Cost \$2 donation appreciated



♦ Duplicate Bridge

The group meets every Monday at 12:30PM in the Senior Center Program Room. Partners are required and intermediate to advanced skill levels are recommended. For more information call John Perry at 552-4821 or BC Horne at 552-5361. Program is free.

♦ Sanctioned Duplicate ACBL Game

Group meets every Thursday at 1PM in the Senior Program Room. Master points are awarded. Donations Appreciated.
Call Pat Palmer at 961-1217 for more information.

♦ Party Bridge

Group meets every Tuesday and Friday in the Senior Program room at 9AM. All levels welcome. Partners are not required. Program is free.

♦ Canasta

Call Betty at 953-0390 for more information. Program is free

♦ Movie Day

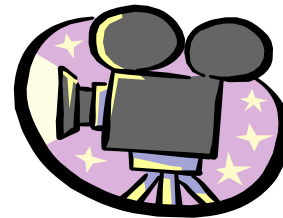
Join us for some great movies on our wide screen TV in the Senior Social room. Shows begin at 1PM. Bring your own snacks. Donations are requested to cover the cost of the movie.

Winter lineup includes.....

January 14 "I am Sam", starring Sean Penn and Michele Pfeiffer

February 11 "The Rookie", starring Dennis Quaid - inspirational film based on the true story of Jim Morris' delayed achievement of his lifelong dream in baseball.

March 11 "Mr. Deeds", starring Adam Sandler and Winona Ryder - "hilarious and Romantic"



◆ Bev Seniors

The BEV-Seniors is a local computer organization, no dues, with over one-hundred and eighty-five members on a List Serve. The BEV-Seniors have a monthly general meeting, provides computer assistance, and provides instructors for computer classes, workshops and open time to answer specific questions. Members receive a weekly e-mail for events for seniors at the center or around the community. Please e-mail Connie Anderson (connie@vt.edu) or Paul Smeal (psmeal@vt.edu) for information or to become a member. Also check the BEV Home page for information.

General meetings this quarter: January 20 at 10:30AM

The Latest in Computer Hardware and Software, by Bill Madison, Madison Computer consulting.

February 17 at 10:30AM

Genealogy—Speaker/Panel to be announced..

March 17 at 10:30AM

Mystery Topic - To be announced

The BEV-Seniors Steering committee will meet on January 6, February 10, and March 3.

**** There will be special interest workshops conducted during the Open Times, Monday afternoon and Thursday mornings. Check the monthly calendar for topic and time.**

◆

◆ AARP Chapter #2613

The Blacksburg Chapter of AARP has more than 200 members from Montgomery County and beyond. The chapter meets every **third Tuesday**, September through June, normally at the Blacksburg Senior Center for a “bring your own bag lunch” and an interesting program. The chapter furnishes drinks and napkins. In June there is a special picnic and in December a Holiday lunch. The Board meets at the center at 9:30AM the 1st Tuesday of the month and all members are welcome to attend. The Blacksburg AARP Chapter cooperates with the Blacksburg Senior Center in sponsoring a wide range of activities for Seniors.

Board meetings this quarter

9:30AM

January 7, February 4, March 4, April 1

General Meeting Topics

January 21, 11:30AM

Dr. James Otey Hoge speaks on the fascinating history of Walnut Spring (his home) built prior to the Civil War.

February 18, 11:30AM

Program to be announced

March 18, 11:30AM

Program to be announced.

◆ AARP 55 Alive

The local chapter will be sponsoring a Driver Safety Program that will be offered at the senior center. The nation's largest classroom refresher for motorists age 50 and older. Those completing this 8-hour course are eligible for an automobile insurance discount under Virginia law

When Wednesday, Mar 19 and Friday Mar 21.

Time 1-5PM

Cost \$10

To register - contact Jim Moore 552-4688 or Ben Crawford at 961-5733.

In the Kitchen with Seniors

This group enjoy cooking and eating heart healthy—lowfat, whole grains, vegetables, fruit and small amounts of meat and fish. They meet the first Friday of the month at 12:30PM

Registration for each meal begins Wednesday, January 8 at 9:30AM. You can register for one or both meals but you must register at least 1 week prior to the meal.

Meals for this quarter:

Friday, February 7

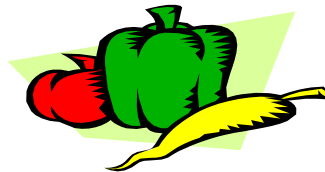
Hostesses: Susie Jones and Elaine The menu includes Hearty Soup and Tomato Aspic.

Cost \$7 R/ \$14 NR—pay at registration.

Friday, March 7st.

Hostesses: Hina Desai and Elizabeth Reisinger. Menu will feature Indian Cuisine

Cost \$7 R/ \$14 NR



In the Kitchen, Educational Series

The Group also enjoys a post meal program. The programs start at 1:30 after the luncheon. You do not have to come to the luncheon in order to come to the program. There is no charge for the program but you must call Joy at 961-1134 if you plan to attend beginning January 8.

Programs for this quarter

Friday February 7

Michelle Stevenson, PhD, Extension Gerontology Specialist from Virginia Tech will speak on Healthy Aging.

Friday, March 7

Jocy Surface, Certified Personal Trainer and ACSM Health Fitness Instructor will present her topic on Exercising at home during inclement weather and cross training.

Health and Fitness

"Exercise adds life to your years and years to your life."

We care about you! Before increasing your physical activity or participating in our fitness programs, please take the following test.

Revised Physical Activity Readiness Questionnaire (PAR-Q)

Yes	No		
___	___	1.	Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
___	___	2.	Do you have chest pain brought on by physical activity?
___	___	3.	Have you developed chest pain in the past month?
___	___	4.	Have you on 1 or more occasions lost consciousness or fallen over as a result of dizziness?
___	___	5.	Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
___	___	6.	Has a doctor ever recommended medication for your blood pressure or a heart condition?
___	___	7.	Are you aware, through your own experience or a doctor's advice, of any other physical reason that would prohibit you from exercising without medical supervision?

If you answered "yes" to any of these questions, call your personal physician or healthcare provider before increasing your physical activity.

Thomas S., Reading J, Shepard, R.J. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can J Sports Sci.* 1992;17:338-345.

◆ Tennis Group

Join the group for a game or just some practice every Monday in the community center gym from 10:15 - 11:45. All levels welcome. Call Germille at 552-2575 for more information.

◆ Blood Sugar and Blood Pressure Screenings

Free screenings provided by MedShares Home Care

When January 6, February 3, March 3

Time 10AM

Where Senior Community Room
Hallway

◆ Personal Training

Start a new exercise program or improve on your current program.

Certified Personal Trainer and ACSM Certified Health Fitness Instructor Jocy Surface will design a program to meet your needs.

Use of weight room will be an additional cost.

Call Joy Herbert at 961-1134 for more information.

A doctor's written permission is required to participate in this program

Each package purchased is good up to 6 months.

Non Resident		Resident	
1 session -	\$25	1 session -	\$15
5 sessions	\$75	5 sessions	\$65
10 sessions	\$140	10 sessions	\$130
Each session is 1 hour.		Each session is 1 hour.	

◆ Fit over Fifty

This program focuses on improving muscular strength and endurance, flexibility, and range of motion, stability and balance. Learn to develop a healthy lifestyle in a comfortable atmosphere. It's never too late to start!

Instructor Jocy Surface

When Mondays, Wednesdays, and Fridays.

Time 9-10AM

Jocy will not be teaching January 2 or January 3.

Registration is ongoing - Passes are good up to 1 year from date of purchase

Resident	Non Resident
seniors (50+)	seniors (50+)
13 time pass = \$18	13 time pass = \$28
1 time visit = \$2	1 time visit = \$4
non seniors	non seniors
13 time pass = \$25	13 time pass = \$35
1 time visit = \$3	1 time visit = \$6

◆ Fun and Fit

You have all seen and heard about the benefits of physical activity, and last fall new Fun And Fit activities/games were started. Those seniors participating, some never playing the activity/games or not participating in them since childhood, all had fun. The Fun and Fit activities will be continued this winter and spring. The sessions are orientation or introduction, and as the numbers and interest increase, tournaments or competitive games will be organized. These are activities that are in the News River Valley Senior Olympics Games scheduled for May 1 to 7, 2003.

Recreational activities, such as these, can enhance quality of life physically, socially and emotionally. Join us for great fun and fellowship. And remember, games aren't just for little kids!!!

Here is the schedule for January, February, and March.

Jan 17, Fri	Billiards and Table Tennis in the Community Center game room. Program is free. 10AM -noon
Jan 31, Fr	Shuffleboard, Basketball free throws and Frisbee throwing in the Community Center gym. Program is free. 10AM-noon
Feb 14, Fri	Billiards and Table Tennis in the Community Center game room. Program is free. 10AM-noon
Feb 28, Fri	Shuffleboard, Basketball free throws and Frisbee throwing in the Community Center gym. Program is free. 10AM-noon
Mar 7, Fri	Billiards and Table Tennis in the Community Center game room. Program is free. 10AM-noon
Mar 21, Fr	Shuffleboard, Basketball free throws and Frisbee throwing in the Community Center gym. Program is free. 10AM-noon
Mar 25, Tues	Croquet and Horseshoes at Nellie's Cave Park at 1PM. Meet at the Park weather permitting. Program is free. 1-3PM
Mar 27, Tues	Miniature Golf at Cox's Miniature Golf. Meet there at 1PM weather permitting. You will pay course fee at start of play.

**"You don't stop playing because you grow old...
You grow old because you stop playing."**

◆ Intermediate Tai Chi

Improve your balance, strength, circulation and mental focus. Tai Chi is based in slow, gentle and relaxed movements that incorporate the whole body. Instructor Tom Richardson.

When Jan 14 - Mar 13 (9 weeks)

Days Tuesdays and Thursdays

Time 9-10AM

Where Senior Community room

Cost \$45 for residents, \$55 for non residents.

Registration begins January 8 at 930AM

• Advanced Tai Chi

Class will be led by instructor on Tuesdays and students will attend unsupervised practice session on Thursdays

When January 14 - March 13 (9 weeks)

Days Tuesdays and Thursdays

Time 8-9AM

Where Senior Community room

Cost \$25 for residents, \$35 for non residents.

Registration begins January 8 at 930AM

◆ Stretch for a Healthy Back

This is an exercise class with a focus on participants regaining or maintaining muscular strength, flexibility, balance, and a back free of pain and stiffness. Developed by physical therapists, reviewed by chiropractors and taught by a certified personal trainer, this class has been proven to offer fitness and relaxation as benefits.

When Classes will be held Mondays, Wednesdays and Fridays beginning January 6 through March 31.

Time 10:30AM-11:30AM

Where Senior Community Room

Cost \$5 for residents, and \$10 for non residents is to be paid to the Town of Blacksburg at registration beginning January 8. At class start, you can pay the instructor \$20/month or \$3/class.

◆ Senior Fitness Center

The Senior Fitness Center features treadmills, stationary bikes, a step machine and weight lifting equipment. The center is open to adults ages 18 and above.

**Residents
seniors (50+)**

\$1/visit or \$25 for a 30X pass.

non seniors

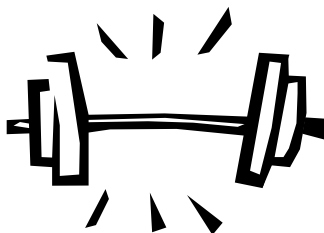
\$2/visit or \$45 for a 30X pass

◆ Passes are good up to 1 year from date of purchase

◆ The fitness center is closed to the public during classes and orientations. You can pick up a schedule at the center.

◆ Free Fitness Center Orientations

Paul Smeal offers free orientations to the fitness center by appointment. Please call 961-1149 to make arrangements.



Classes for Education and Leisure

♦ Pleasing to the Palette

Explore your artistic abilities. Beginners are encouraged to participate. Students will receive individual instruction and learn from their fellow students.

Sign up for one or both session beginning January 8 at 930AM.

Session I

When Tuesdays, January 21 - Feb 11 (4 weeks)

Time 1230PM - 230PM

Cost \$25 residents/ \$35 non residents



Session II

When Tuesdays, Feb 25 - Mar 18 (4 weeks)

Time 1230PM - 230PM

Cost \$25 residents/ \$35 nonresidents.

Registration begins 8 at 930AM

♦ Shakespeare for Retirees

Leader of the course is Caroline Chermside, retired from Virginia Tech English Department. She provides the following description:

Macbeth, the shortest of Shakespeare's tragedies, shows that Shakespeare, like most theatrical people, caters to his audience. King James I of England was also King of Scotland. Shakespeare's acting company had become "The King's Men." King James liked short plays, believed in witches, and was the son of Mary, Queen of Scots.

Shakespeare pays tribute to the King's ancestors in **Macbeth**. (Of interest to those of us who live in Virginia, Jamestown is named for James I. It was settled during his reign.) Even if you read **Macbeth** in high school, read it again now to see if you missed anything. Paperbacks of **Macbeth** are easy to find. Look for the Folger edition. The study will last for seven weeks: introduction, a meeting for each of the five acts, and a movie on the last day. The movie lasts two hours. .

When January 23—March 13 (7 weeks)

Time 10 - 11AM (last class will meet till noon for the movie)

Cost \$5 resident, \$10 non resident

Where Senior Social Room

Registration begins 8 at 930AM



♦ Senior Book Club

Would you like to talk over that latest satisfying good book? Join others in the Senior Book Club. Members will take turns choosing the novel to be read each month. The person who chooses the novel may give a short presentation on it if he or she desires. Otherwise, the format of the meetings will be open discussion on points of interest or confusion within that month's book. Group meets once a month. Members will purchase their own books.

When January 9, February 13 and March 13

Time 2-4PM

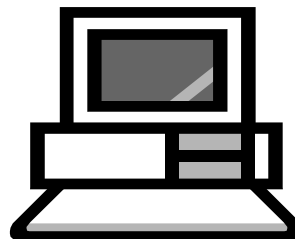
Where Senior Social Room

Cost Resident \$5 start up fee
Non-resident \$10 start up fee
Registration is ongoing.

Senior Computer Learning Center (SCLC)

Computer Lab Volunteers:

Connie Anderson, Connie Billings, Gene Bard, Harriet Damant, Rick Ellison, Linda Frazier, Dennis Gentry, Frank Lau, Loretta Kandies, Mary Korslund, and Dick Walker



The SCLC is open to the public Mondays from 130-430PM and Thursdays from 9-12. Except during holiday weeks or during the absence of a lab monitor.

♦ Senior Open Time

Free one on one help for your computer needs. Whether you want to practice or get help when you get stuck, computer volunteers are available to assist you. Bring in your questions about file management, internet or email, word processing, new software, etc. Volunteers are available on Mondays from 130-430 and Thursdays from 9-12 (except holiday weeks). No appointment is necessary.

♦ On Line Banking

Assistance with the National Bank of Blacksburg's On-Line Banking system is available during Open Time by appointment. Program is free.

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Computer Classes

Soon, the Senior Computer Learning Center will have new computers with the latest Windows XP operating system. The lab also will have at least two computers in the adjoining room having the Windows 98 operating system. The following classes will make use of both Windows operating systems. Please note that the *days suggested for the classes are subject to change either for inclement weather, Tax Aide program or the preferred schedules of the registered class participants.

♦ Computer I

Objective of the course is to make students more comfortable with the computer and its many functions and to learn basic word processing using *WORD PAD*.

Session I

When Week of Jan 27—31
***Days** Jan 28, 30, 31 (3 days)
Time 9:30AM ~ 1230AM
Cost \$20 R/ \$30 NR

Session II

When Week of Feb 17– 21
***Days** Feb 18, 20, 21 (3 days)
Time 930AM -1230PM
Cost \$20 R/ \$30 NR

Registration begins January 8 at 930AM

♦ Computer II

Prerequisite - Computer I

Review of computer I and a beginners look at *Outlook Express (email) and Internet Explorer (web browser)*.

Session I

When Week of Feb 10 - 14
***Days** February 10 ,11, 14 (3 classes)
Time 9:30-12:30AM
Cost \$20 R/ \$30 NR

Session II

When Week of March 3 - 7
***Days** Mar 4, 6, 7 (3 days)
Time 9:30-12:30PM
Cost \$20 R/ \$30 NR

Registration begins Wednesday, January 8 at 9:30AM

♦ Microsoft Word 97/2000 (only)

Prerequisites - Computer I. Participants must also have Word 97/2000/ 2002-3 on their home computers.

Instructor—Connie Anderson; connie@vt.edu;
540/951-1623

When Week of March 17 - 21
***Days** Mar 18,19, 21 (3 days)
Time 9:30AM—12:30PM
Cost \$20 R/ \$30 NR

All lessons will be covered in the Handout to the Class

Registration begins January 8 at 9:30AM

♦ Computer Personal Training.

Are group structure classes not your style? Unable to get your specific questions answered? You've heard of Fitness Personall Trainers, this time we have Connie Anderson (connie@vt.edu, 951-1623) who is willing to be your computer personal trainer.

Suggested Topics: Microsoft Word 97/2000/2002 taught as privated lesson; Digital Camera and/or Scanner Software, Computer Software to Fit Your Needs, Word Processing Using WordPad or Microsoft Works, Basic Computer Use and Troubleshooting Advice

Time Instructor will call you after you have registered and will arrange a convenient time to meet.
Place Senior Computer Learning Center if possible.

Cost \$10/session for residents or \$20/session for non residents, pay at registration. Future sessions can be purchased if necessary. Each session is 3 hours.

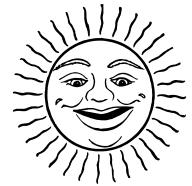
Registration begins January 8 at 9:30AM

On The Road Again...

Though we don't travel far during the winter months, you're sure to find something good to eat and interesting sights to see. Nothing helps beat those old winter blues better than getting out for a while and sharing fun times with friends. It's also a great way to meet people!!

Trips will be cancelled in the event of inclement weather.

Call Joy at 961-1134 if weather is questionable for the day's trip.



♦ Dixie Pottery

Lets travel to Roanoke and take a guided tour of the exhibit "Norman Rockwell: Presenting the American Century" When you think of an artist that has enveloped the American Culture, Norman Rockwell always comes to mind. The exhibit features paintings and drawings representing his magazine illustrations and commercial work created between 1915 and 1975. In addition, the 322 Saturday evening Post covers he designed are displayed chronologically.

When Wednesday, January 15

Itinerary Van will depart the senior center at 10:30AM. You will have lunch on your own at the Center in the Square close to the museum. At 1PM we will meet on the 2nd floor of the art museum in the main atrium for the tour. We will spend approximately 1.5 hours at the museum and should return to the senior center by 4PM.

Cost \$5.50 for residents, \$11 for non residents. Fee includes, transportation and guided tour. Museum ticket and lunch are extra.

Registration begins Wednesday, January 9 at 9:30AM

♦ Roanoke Science Museum's presentation of "Cirque du Soleil: Journey of Man"

Filmed at various historical and natural landmarks around the world; its an allegorical tale about human development from birth to maturity. This mega dome theater is a magnificent experience.

When Wednesday, January 22

Itinerary Van leaves the center at 11:30AM for lunch at Awful Arthur's Seafood Restaurant at 12:30PM. Show begins at 2PM. Van returns by 4PM.

Cost \$7R / \$14 NR. Fee includes transportation and show, lunch is extra.

Registration begins Wednesday, January 8 at 9:30AM

♦ **Lunch at Teaberry's Restaurant**

Last year we discovered this quaint café in Roanoke and everyone has wanted to go back ever since. The owner transformed a small cape cod house into a 24 seat restaurant in 1998. Ample portions come with homemade white bread that elevates everything to pleasurable eating. Try their butter fried pound cake with icecream!!

When Wednesday, January 29

Itinerary Leave center at 10:30AM and return by 2PM.

Cost \$5 R/ \$10 NR

Registration begins Wednesday, January 8 at 9:30AM

♦ **Tour of Radford's New Recreation Center**

Take a guided tour through this new facility in Radford. We'll leave the center at 11:15 AM for lunch at Golden Corral at 11:45AM. Tour begins at 1PM. We'll be returning to Blacksburg by 2:30PM.

When Wednesday, February 5

Cost \$4 R/ \$8 NR. Fee includes transportation only, lunch extra.

Registration begins Wednesday, January 8 at 9:30AM.

♦ **Tour of Rowe Furniture in Elliston Virginia**

Take a guided tour and discover how fine furniture is made at this facility. Enjoy country cookin at its best at Hales Restaurant.

When Wednesday, February 12

Itinerary Leave center at 11AM for lunch at 11:30AM. Tour is at 1PM. We should return by 3:30PM.

*** Tour lasts approximately 2 hours and requires walking and standing.

Cost \$5 R/ \$10NR. Fee includes transportation only, lunch extra.

Registration begins January 8 at 9:30AM

♦ **Brugh Tavern - Roanoke, VA**

An old Lunch Bunch Favorite. Join us for colonial tavern fare in a quaint setting.

When Wednesday, February 19

Itinerary Leave center at 10:15AM for lunch at 11:30PM. Return to the center by 2:15PM

Cost \$5 R/ \$10 NR, Fee includes transportation only.

Registration begins January 8 at 9:30AM

♦ **Roanoke Express Ice Hockey Game - Roanoke Civic Center**

For all you sports fans, join us for an evening of great fun and excitement as our local team plays Trenton.

When Wednesday, February 26

Itinerary Van departs center at 5:15PM. Arrive at civic center at 6:15 to purchase your tickets. Food is available inside center. Games usually last about 2.5 hours. We will back to the center between 10:30 & 11PM.

Cost \$6 R/ \$12 NR. Fee includes transportation only. Tickets range in price between \$8.25 and \$14 depending on seat preference.

Registration begins January 8 at 9:30AM

♦ **Blue Ridge Antique Center and Lunch at The Olive Garden - Roanoke, VA**

Nestled in the heart of the Blue Ridge Mountains of Virginia the Blue Ridge Antique Center offers the finest selection of antiques in the Valley. Over 24,000 square feet of furniture, glassware, linens, china collectibles and hand crafted furniture.

When Wednesday, March 5

Itinerary Leave center at 10:15AM for lunch at 11:30AM at The Olive Garden. After shopping we should return to the center by 4:30PM.

Cost \$5 R/ \$10NR. Fee includes transportation only, lunch is extra.

Registration begins January 8 at 9:30AM

♦ **The 45th Annual Highland Maple Festival**

Let's travel to Highland County, "Virginia's Switzerland", annual Maple Festival. We'll visit a maple sugar camp and view the process of syrup making, a rapidly vanishing way of American Life. We'll stop in Monterey for a pancake and maple syrup breakfast and shopping for arts and crafts. This unique festival has been designated a Local Legacy by the Library of Congress.



When Saturday, March 8

Itinerary Depart center at 7AM for breakfast at 11AM. We'll depart area by 3:30PM. A quick dinner stop en route for return to center by 8PM.

Cost \$10R/ \$20 NR. Fee includes transportation only. Meals and \$1.50 entrance fee extra.

Registration begins January 8 at 9:30AM

♦ **Red Lobster and Memory Lane - Christiansburg Virginia**

Spend the afternoon with us for some shopping and lunch. Memory lane is a rather new shopping facility featuring antiques, crafts and collectibles.

When Wednesday, March 19

Itinerary leave center at 10:45AM for lunch at 11AM. Shop afterwards and return to the center by 2:30PM.

Cost \$4 R/ \$8 NR. Fee includes transportation only. Lunch on your own.

Registration begins January 8 at 9:30AM

♦ Mercer Mall West Virginia

Join us for one of our shopping favorites. Great eats at the K&W

When Wednesday, March 26

Itinerary Leave the center at 10AM and return by 3PM

Cost \$5 for residents, \$10 non residents. Fee is for transportation only.

Registration begins Wednesday, January 9 at 9:30AM



We Support The Area's Most Important Businesses:
Local Governments, School Systems, Insurance
Companies, Real Estate and Property Management
Companies, Doctor and Dental Offices, Law Offices,

Phone: 555-555-5555

Fax: 555-555-5555

Email: xyz@microsoft.com



Your business tag line here.

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the readers attention. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.